

Beating the Heavenly Drum

AKA "Snapping the Jade Pillow"



A Taoist term that means to place your palms over your ears, fingers on the back of your head, index-fingers on the middle-fingers and tapping the back of the head with the index-fingers of both hands at the same time with a snapping motion as the index-finger slides off of the middle-finger, almost like snapping your fingers, but the snap taps the base of the skull. This helps to awaken the spirit and clear the mind. This is also sometimes referred to as "Snapping the Jade Pillow" because the point that you beat or snap with your fingers is called the "Jade Pillow" by Taoists.

One of the objectives of beating the heavenly drum is to clear the rust and dust from the head, especially from the brain cells and in turn, aiding mental clarity. Also good for balance, dizziness, nausea, and tinnitus.

The flicking of the index finger hitting the base of the skull will cause the bone to vibrate. This will stimulate the inner ear and the nervous system and help us maintain our balance. This vibration also serves to decalcify the pineal gland, helping with concentration and better sleep with lucid dreaming and probably much more.

Concentrate on the sound, and let every beat bring your attention more fully to the vibrations in your skull and brain. Beating the drum clears the mind. When you are done and take your hands off your ears, you will feel like you just woke up, and everything should seem more clear.